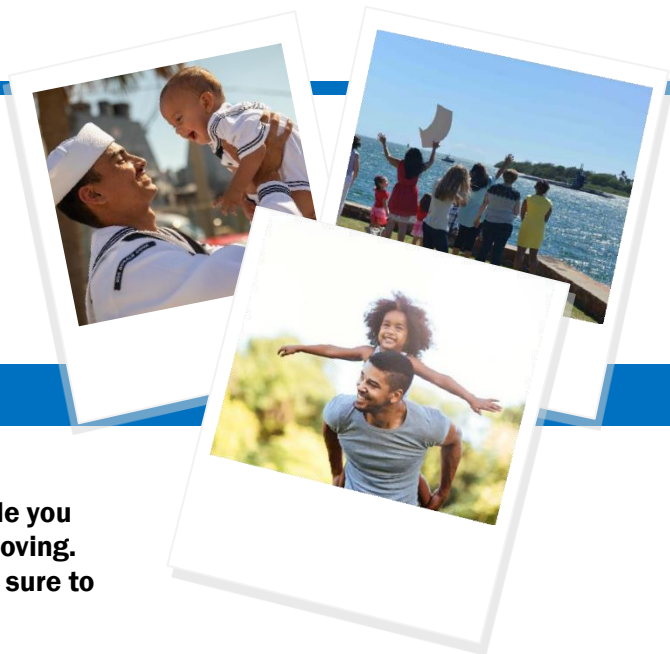


# YOUR *Virtual* FFSC WEBINAR SCHEDULE

**NOVEMBER 2022**



We are all more organized in different areas of our life, but luckily FFSC has Subject Matter Experts that can provide you more tips and tricks to help tackle the areas that need improving. Spouses are encouraged to attend all of these trainings. Be sure to pass this flyer on.

## How to register:

**Step #1:** Make a free account at [MyNavyFamily.com](https://learning.zeiders.refineddata.com) (NMCI use <https://learning.zeiders.refineddata.com>) at least one day before the webinar. Follow the on-screen instructions to create a new account. Be sure to enter your time zone!!

**Step #2:** Click on “Live Webinars” at the top of the page to view the full list of offerings.

**Step #3:** Click on the title of a session to view the information and description.

**Step #4:** Click on “Register Now” to register for the course.

You will get reminder emails with your personalized link.



**The CNIC LMS** has comprehensive resources for Navy spouses and family members, such as New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse eLibrary.

### Trying to manage it all?

The holidays are fast approaching. What’s in your future? Are you planning get-togethers or playing travel agent for a family vacation? What about the shopping and the holiday budget? Are you managing all this alone because your spouse or partner is deployed?

Find some stress relief in a webinar this month. All times listed are Eastern.

Dealing with Holiday Stress	7 Nov	2:00 PM
How to Stress the Right Way	9 Nov	2:00 PM
Stress Management	15 Nov	10:00 AM
Bad Latitude: Coping with Seasonal Affective Disorder	16 Nov	4:00 PM
Only the Lonely: Tackling the Lonely Season	22 Nov	1:00 PM

C O F  
 W O R K I N G  
 K N A  
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 T C E S  
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 F R I E N D S  
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# NOVEMBER 2022

## Deployment

### Thursday, November 3rd

1:00 PM EST Children and Deployment

### Thursday, November 10th

1:00 PM EST Deployment Disasters: The Game Show

### Thursday, November 17th

1:00 PM EST Navigating Your New Normal  
During Deployment

## Employment

### Thursday, November 3rd

1:00 PM EST Effective Resume Writing

### Wednesday, November 9th

10:00 AM EST Fundamentals of LinkedIn  
1:00 PM EST Winning Interview Techniques  
2:00 PM EST How to Stress the Right Way  
2:00 PM EST Interview Techniques

### Tuesday, November 15th

9:00 AM EST Resume Writing  
1:00 PM EST Job Search Strategies

### Wednesday, November 16th

11:00 AM EST Portable Careers  
1:00 PM EST Effective Resume Writing

### Monday, November 21st

1:00 PM EST Interview Techniques

### Tuesday, November 22nd

10:00 AM EST Interviewing Skills

## Finances

### Tuesday, November 1st

8:00 AM EST Command Financial Specialist  
Online Certification Course Day 2

### Wednesday, November 2nd

8:00 AM EST Command Financial Specialist  
Online Certification Course Day 3

### Thursday, November 3rd

8:00 AM EST Command Financial Specialist  
Online Certification Course Day 4

12:00 PM EST Maximizing Your TSP

### Friday, November 4th

8:00 AM EST Command Financial Specialist  
Online Certification Course Day 5

### Tuesday, November 15th

11:00 AM EST 12 Turkey Tips of Financial Freedom

## Life Skills

### Wednesday, November 2nd

8:00 AM EST Crisis Intervention and Prevention  
10:00 AM EST Youth Suicide Prevention  
5:00 PM EST Mind Body Mental Fitness Part 6: Connection

### Thursday, November 3rd

9:00 AM EST FAP Facts:  
Understanding the Family Advocacy Program  
1:00 PM EST What's the Difference Between  
an Ombudsman and an FRG?

### Monday, November 7th

2:00 PM EST Dealing with Holiday Stress

### Tuesday, November 8th

10:00 AM EST Understanding Anger  
2:00 PM EST FAP Facts:  
Understanding the Family Advocacy Program

### Tuesday, November 15th

10:00 AM EST Stress Management

### Wednesday, November 16th

1:00 PM EST FAP Facts:  
Understanding the Family Advocacy Program  
4:00 PM EST Bad Latitude: Coping with Seasonal Affective Disorder

### Thursday, November 17th

2:00 PM EST Mind Body Mental Fitness Module 3:  
Living Core Values

### Tuesday, November 22nd

1:00 PM EST Exceptional Family Member Program:  
Overview of FFSC Case Liaisons  
1:00 PM EST Only the Lonely – Tackling the Lonely Season

### Tuesday, November 29th

10:00 AM EST Mind Body Mental Fitness Module 1: Stress Resilience

### Wednesday, November 30th

1:00 PM EST FAP Facts:  
Understanding the Family Advocacy Program

## Parenting

### Thursday, November 10th

10:00 AM EST Effective Parenting  
2:00 PM EST "No I Don't Want To":  
Coping With Two-Year-Old Tantrums  
7:00 PM EST College Bound:  
Observations and Tips from a Parent Survivor

### Wednesday, November 16th

1:00 PM EST Special Education Notebook Series Session 2:  
IDEA, IEP, and 504, OH MY!

### Thursday, November 17th

1:00 PM EST What About the Kids?  
2:00 PM EST Baby Boot Camp

## Relocation

### Wednesday, November 16th

11:00 AM EST Sponsor Training

## Transition

### Monday, November 7th

1:30 PM EST Virtual Retiree Summit: DFAS

### Tuesday, November 8th

11:00 AM EST Virtual Retiree Summit: FEDVIP  
1:30 PM EST Virtual Retiree Summit: TRICARE

### Wednesday, November 9th

11:00 AM EST Virtual Retiree Summit: Veteran Affairs  
1:30 PM EST Virtual Retiree Summit: TRICARE

### Monday, November 14th

11:00 AM EST Virtual Retiree Summit: Social Security Administration

### Thursday, November 17th

11:00 AM EST Virtual Retiree Summit: Social Security Administration